

Choice Delicacies : : FOR THE : : Christmas Dinner

The selection of Good Things for the Christmas Dinner will cause you no worry if you consult this List:

Mince-meat, Plum Pudding, Fruit Cakes, Brandied Fruits,
Sweet-pickled Fruit, Fancy Preserves and Jellies,
Maraschino Cherries, Marrons in Brandy and Syrup,
Sweet Cider, Boiled Cider, Cranberry Sauce,
Fancy Table Raisins, Citron, Lemon and Orange Peel,
Olives (All Varieties, Stuffed and Plain), Pickles,
Assorted Nuts, Frozen Eastern and Cocktail Oysters,
Cheese (All Varieties), Bon Bon Crackers (Fancy),
Fresh Fruits and Vegetables in Season.

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IN FANCY AND PLAIN BOXES---ALL SIZES---FOR CHRISTMAS.

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The Law on Ghosts

Washington Post.

There is no subject of more perennial interest than ghosts. Pliny, the elder, writing to a friend, tells of a house in Athens haunted by ghosts with clanking chains which frightened everyone away from the premises; and all down through the centuries since, in literature and legend, in firelight tales and neighborhood tradition, "hants," ghosts, apparitions and haunted houses have figured to an extent which shows either very widespread and deep-seated superstition or an ineradicable race instinct corresponding to some baffling but nevertheless existing phenomenon. Nothing in the experience of man has been regarded with such fear and apprehension as the appearance of a ghost. Fortunately, the courts, which always take the logical and common sense view of things and let the light into the dark corners of all human transactions and relations, have passed on the question of ghosts. Recently in Manitoba a man sued a publishing company for slander for saying that his house was haunted. The defendant claimed that the plaintiff must prove that there were no ghosts on his premises. The court said, "It is urged that the plaintiff has not proved that the article is not true and that the house is not haunted. It is, of course, impossible to prove such a matter by evidence in the ordinary way. The very nature of a ghost, as understood by superstitious people, is that of a phantom appearing at rare intervals. Unless, therefore, we hold that courts should take judicial cognizance of the fact that ghosts do not exist, the falsity of the statement could never be absolutely proved. I think that the members of a court may, and as educated men should, assume that there are not such things as ghosts, and that, therefore, the statement is necessarily false." A judgment in favor of the plaintiff was affirmed in the supreme court of Canada, and the same point has been decided in England on almost identical facts. Here we have judicial authority for the fact that "educated men should assume that there are not such things as ghosts." In spite of the decision, however, and even if many more should be added to it, ghosts will continue to walk for a long time yet.

How to Cure Insomnia

The first thing for a person inclined to insomnia to do is to stop worrying. The greatest obstacle to sleep is to worry that you are not going to sleep; the more you move the god of slumber the more shy he becomes.

Next, be careful about what you eat. The stomach is a powerful factor in sleep and will keep one awake if it is too empty, or if it is too full. Sugar, candy and chocolate have a tendency to keep one awake, and sweet desserts should be avoided at night as well as coffee, tea and greasy foods; whether an empty or a partially full stomach is better depends on the individual and is determined by experimentation in each case.

One of the best ways to draw the blood from the brain is to take a moderately swift walk before retiring, and if there is still difficulty in getting to sleep, a tepid bath and a gentle rub will draw the blood from the brain to the surface of the body. Persons susceptible to sound, who awake easily, may find it wise when sleeping in a noisy neighborhood to stuff medicated cotton in the ears, which will keep out noises and insure undisturbed slumber.

Self-hypnotism is not only possible, but very useful in sleeplessness, and the following device will help: Arrange a string tightly from the head to the foot of the bed over where you lie down. Just over your head let a string hang from the longer string, and at the end of the shorter string fasten any strong round object, bright enough to dazzle the eye. Lie on the bed relaxed, with the object over and somewhat higher than the head. Gaze at the object steadily and while watching it make the suggestion to yourself that "I will sleep tonight soundly and my sleep will be natural and refreshing. I will sleep all night."

Get into the "don't care" mood. Get into bed, indifferent whether you are going to sleep or not, and you will find generally as a result that sleep will reward you.—Boston Traveler.

WHY HER PROSPECTS WERE DUBIOUS.

Judge:—About a year ago a cook informed her Boston mistress that she was apt to leave at any time, as she was engaged to be married. The mistress was genuinely sorry, as the woman is a good cook and steady. Time passed, however, without further word of leaving, though the happy man-to-be was a frequent visitor in the kitchen. The other day the mistress was moved by curiosity to ask:

"When are you to be married, Nora?"

"Indade, an' it's niver at all. I'll be thinkin', mum," was the sad reply.

"Really? What is the trouble?"

"Tis this, mum. I won't marry Mike when he's drunk, an' when he's sober he won't marry me!"

QUEENLY COURTESY.

Queen Alexandra has a gracious way of saying a forbidden thing. Having suffered in her bungalow on the Norfolk coast from intrusive sightseers and too loyal "trippers," steps had to be taken to shoo them off. But the Queen would not sanction the usual curt notice "Trespassers will be prosecuted." She had one or two boards put up with the words, "Private property, please."—Exchange.

CLICK! CLICK!

Boston Transcript:—Suburbs—It's simply great to wake up in the morning and hear the leaves whispering outside your window.

Cityman—It's all right to hear the leaves whisper, but I never could stand hearing the grass mown.

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